

A Guide To A.... Healthy Weight

Keeping weight off requires making a lifestyle change
and not returning to old habits.

Where do I begin?

Ask yourself a question....

What triggers my bad eating?

- 1.** Is it the candy dish that is always tempting me sitting on the counter?
- 2.** Could it be the drive thru at the fast food place off the freeway calling to me after a long day at the office?
- 3.** Have I skipped breakfast or lunch?
- 4.** Do I let myself get too hungry when it is time to eat lunch or dinner?
- 5.** Does your body seem to be saying, "Who cares if it has any vitamins or minerals, just give me something that will fill me up quickly?"
- 6.** Do I find myself unprepared with healthy foods when it is time eat?
- 7.** Is my house filled with high-fat and/or high-calorie foods?



The TRUTH about
weight loss...

- 1.** Lose weight for good by doing it a little at a time, over a long period.
- 2.** A loss of one or two pounds a week is a healthy goal.
- 3.** Change the way you eat and move.
- 4.** Changing your lifestyle is different than deciding to "lose weight."
- 5.** Be realistic when setting your goals.
- 6.** Build up to five days a week of physical activity rather than setting an unreasonable weight goal.
- 7.** Find a eating plan you can live with for the long term.
- 8.** Gain control and confidence by eating slowly and eating smaller meals.
- 9.** Search out foods that contain a lot of nutrients in relation to their calories.
- 10.** Find new ideas on www.hearhighway.org.

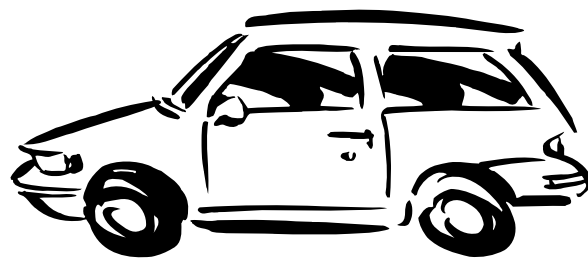
General tips:

- 1.** Many people overeat when extremely hungry.
- 2.** People eat what is handy and you may consume more calories if healthy foods aren't available.
- 3.** Learn more about why you eat (being bored), when you eat (like watching TV), and what you eat (being upset) to help you make healthy changes.
- 4.** It takes time to lose weight.
- 5.** A diet too restrictive and low in calories can make you irritable and cranky.

Make some changes in your environment.

Tips for home:

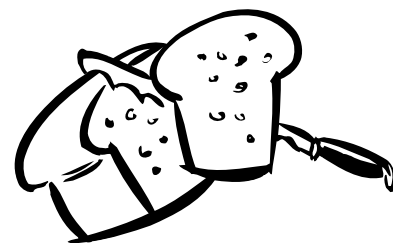
- 1.** After arriving home, drink a glass of water and listen to your favorite CD on the stereo.
- 2.** While cooking, munch on veggies that you enjoy or chew gum.
- 3.** If you have candy sitting in dishes in different areas of the house, put them on a high shelf and replace them with a fruit bowl.
- 4.** Place tempting items out of sight in the refrigerator or cupboards (place them far back and in hard-to-reach areas).
- 5.** Replace see-through containers with opaque containers to store foods.
- 6.** Clean out from cupboards, drawers' and the refrigerator, tempting high-calorie foods.
- 7.** Keep healthy snacks ready and available.
- 8.** Chop up veggies and fruit and keep them in the refrigerator.
- 9.** Preportion items like crackers if you seem to overeat when eating out of a larger package.



Tips for your car:

- 1.** Instead of stopping at a fast food place, try taking some fruit, carrots, or string cheese to eat on your drive home or right before you leave so you won't be tempted.
- 2.** Avoid the tempting 48 ounce big gulp by keeping a water bottle in your car.
- 3.** If you need a little more flavor, try adding a slice of lemon or drink a lightly flavored water.

Eat a variety



- 1.** Fill your diet with colorful fruits and vegetables.
- 2.** Eat whole grains. Breads, rice, cereals and pasta contain more nutrients than refined products.
- 3.** Eat low-fat dairy products and lean cuts of meat.
- 4.** Fill half your plate with fruits and vegetables at each meal.

Try some of these tips to avoid extreme hunger....

- 1.** Have breakfast everyday.
- 2.** Take breakfast with you if you don't like to eat when you get up or if you are running out the door.
- 3.** Take healthy snacks with you in a bag or a small cooler.
- 4.** Eat one of your snacks midmorning or in the afternoon when you usually want to head to the soda or junk food vending machines.
- 5.** Try an apple, pear, mini-bag of carrots, V-8 juice, string cheese, or almonds to keep you going.

